

## BEACH SAFETY

Florida has many beaches in the Tampa Bay area. (See section Things To Do for listing of beaches.) There are hazards when going to the beach.

**Sunburn:** Always wear sunscreen of SPF30 or higher (to avoid severe burns), limit your time in the sun, avoid during the hours of 10:00am-03:00pm since this is the time the sun is strongest; drink plenty of liquids (not alcohol) to avoid dehydration and heat stroke! Exposure to the sun is not only an issue at the beach, theme parks, outside attractions, bike and walking trails are also place you can easily forget about the sun while having a good time.

### **When at the beach:**

Whenever possible, swim at a lifeguard-protected beach. Never swim alone.

Learn how to swim in the surf. It's not the same as swimming in a pool or lake

Be cautious at all times, especially when swimming in unguarded beaches. If in doubt, don't go out.

Obey all instructions and orders from lifeguards. Lifeguards are trained to identify potential hazards. Ask a lifeguard about the conditions before entering the water. This is part of their job.

Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist alongside these structures.

Consider using polarized sunglasses when at the beach. They will help you to spot signatures of rip currents by cutting down glare and reflected sunlight off the ocean's surface.

Pay especially close attention to children and elderly when at the beach. Even in shallow water, wave action can cause loss of footing.

**Rip Currents:** Rip currents are powerful, channeled currents of water flowing away from shore. They typically extend from the shoreline, through the surf zone, and past the line of breaking waves. Rip currents can occur at any beach with breaking waves, including the Great Lakes. Rip currents can be killers. The United States Lifesaving Association estimates that the annual number of deaths due to rip currents on our nation's beaches exceeds 100. Rip currents account for over 80% of rescues performed by surf beach lifeguards. The greatest safety precaution that can be taken is to recognize the danger of rip currents and always remember to swim at beaches with lifeguards. The United States Lifesaving Association has calculated the chance that a person will drown while attending a beach protected by USLA affiliated lifeguards at 1 in 18 million. If caught in a rip current at an unguarded beach, how you respond could make the difference between life and death.

### **If caught in a rip current:**

Remain calm to conserve energy and think

Never fight against the current, think of it like a treadmill that cannot be turned off, which you need to step to the side of.

Swim out of the current in a direction following the shoreline. When out of the current, swim at an angle--away from the current--towards shore.

If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.

If you are still unable to reach shore, draw attention to yourself by waving your arm and yelling for help.

### **If you see someone in trouble, don't become a victim too:**

Get help from a lifeguard, if a lifeguard is not available, have someone call 9-1-1.

Throw the rip current victim something that floats--a lifejacket, a cooler, an inflatable ball.

Yell instructions on how to escape.

Remember, many people drown while trying to save someone else from a rip current.

## TAMPA BAY AREA BEACHES

### **Hillsborough County**

- Ben T. Davis Beach  
7650 Courtney Campbell Causeway, Tampa, FL 33607

Phone: 813-274-8615

- Davis Island Beach\*\*  
900 Martinique Ave, Tampa, FL 33607  
Phone: 813-931-2121
- Picnic Island  
7404 Picnic Island Blvd, Tampa, FL 33616  
Phone: 813-274-8615

#### **Pinellas County**

- Archibald Beach Park  
15100 Gulf Blvd, St. Petersburg, FL 33708  
Phone: 727-391-7372
- Caladesi Island State Park  
One Causeway Blvd, Dunedin, FL 34698  
Phone: 727-469-5918  
<http://www.floridastateparks.org>
- Clearwater Beach  
West End of State Rd 60, Clearwater, FL 33767  
Phone: 727-462-6963
- Egmont Key State Park  
4905 – 34<sup>th</sup> Street South, St. Petersburg, FL 33711  
Phone: 727-893-2627
- Fort De Soto Park  
3500 Pinellas Bayway South, Tierra Verde, FL 33715  
Phone: 727-582-2267  
<http://www.fortdesoto.com>
- Fred Howard Park Beach  
1700 Sunset Dr, Tarpon Springs, FL 34689  
Phone: 943-4081
- Gandy Bridge Causeway\*\*  
East end of Gandy Bridge, St. Petersburg
- Honeymoon Island State Park\*\*  
One Causeway Blvd, Dunedin, FL 34698  
Phone: 727-469-5942  
<http://floridastateparks.org>
- Indian Rocks Beach  
1700 Gulf Blvd, Indian Rocks Beach, FL 33785  
Phone: 727-595-2517
- John's Pass Beach  
129<sup>th</sup> Ave Along Gulf Blvd, Madeira Beach, FL 33708  
Phone: 727-391-7373
- Madeira Beach  
14400 Gulf Blvd, Madeira Beach, FL 33708  
Phone: 727-391-7373
- Pass-A-Grille Beach  
Off Gulf Way, from 1<sup>st</sup> Ave to 22<sup>nd</sup> Ave, St. Pete Beach, FL 33706  
Phone: 727-367-2735
- Pinellas Causeway Beach\*\*  
Pinellas Bayway Road, St. Petersburg
- Redington Shores Beach  
18200 Gulf Blvd, Redington Shores, FL 33708  
Phone: 727-588-4882
- Sand Key Beach  
1060 Gulf Blvd, Clearwater, FL 33767  
Phone: 727-588-4852
- St. Pete Beach  
All along Gulf Blvd, St. Pete, FL 33706  
Phone: 727-367-2735
- Treasure Island Beach  
10400 Gulf Blvd, Treasure Island, FL 34705  
Phone: 727-33706